

2019 EEX FALL SHOOTOUT AT TCNJ

SATURDAY, NOVEMBER 9 & SUNDAY, NOVEMBER 10, 2019

Hosted by EASTERN EXPRESS

Fly over starts will be used during prelims and timed final sessions

MEET SCHEDULE

DAY	SESSION	AGE GROUP	WARM-UP	CHECK-IN	START
SATURDAY	1	PRELIMS	9:20AM	9:50AM	10:30AM
SATURDAY	2	DISTANCE	FOLLOWING PRELIMS W/15 MIN. WARMUP		
SATURDAY	3	SEMI FINALS	5:40PM	RELAYS	6:30PM
SUNDAY	4	TIMED FINALS	8:00AM	8:30AM	9:10AM
SUNDAY	5	FINALS	4:40PM	RELAYS	5:30PM

WARM-UP SCHEDULE

SATURDAY				SUNDAY		
PRELIMS		DISTANCE	SEMIS	TIMED FINALS		FINALS
9:20AM	9:50AM	MAIN POOL	5:40PM	8:00AM	8:30AM	4:40PM
L1	XCEL	NJRC + DW		SRAY	XCEL	ALL SWIMMERS
L2	XCEL	NJRC + DW		SRAY	XCEL	
L3	XCEL	SRAY	ALL	SRAY/HQH	XCEL	
L4	XCEL	SRAY	ALL	SVY	XCEL	
L5	SCAR	SVY	SWIMMERS	SVY	SCAR	
L6	SCAR	SVY	SWIMMERS	EEX	SCAR	
L7	SCAR	EEX	APPROX	EEX	SCAR	
L8	SCAR	EEX	15 MIN	EEX	SCAR	

THE DIVING WELL (DW) WILL ALSO BE AVAILABLE



TIMING ASSIGNMENTS: TWO TIMERS/PER LANE/PER TEAM

	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	ALTS:
SAT/PRELIMS	XCEL	XCEL	SCAR	SCAR	NJRC	NJRC	SRAY	SVY	ALL
SAT/DISTANCE	SWIMMERS PROVIDE OWN TIMERS AND COUNTERS								
SAT/SEMIS	XCEL	XCEL	SCAR	SCAR	SCAR	SRAY	SVY	WW	TEAMS
SUN/T-FINALS	XCEL	XCEL	XCEL	XCEL	SCAR	SCAR	SRAY	SVY	PROVIDE
SUN/FINALS	XCEL	XCEL	XCEL	SCAR	SCAR	SRAY	SVY	WW	ALTS

www.besmarttinc.com for heat sheets, meet results and more

NOTES:

THE DIVING WELL WILL BE OPEN FOR THE ENTIRE WARM-UP AND DURING ALL SESSIONS OF THE MEET.

THE 1650 AND 1000 FREESTYLE EVENTS WILL BE SWUM COMBINED AFTER A BRIEF WARM-UP IN THE MAIN POOL

